

Air Force Prime Time, a weekly news magazine for and about airmen stationed overseas, airs Thursday evenings at 8:25 p.m. Central European Time on AFN television. In this week's edition, waging war on a computer – NATO's virtual battlefield; Incirlik Air Base, Turkey, developmental specialists prepare children to face the world and more.



News briefs

Wing family days

The 52nd Fighter Wing family days for 2001 are today, Feb. 16, April 13 and 16, May 25 and July 5. Additional wing family days will be announced when determined.

Good neighbors

Being a good neighbor in the German community is vital to maintaining and strengthening the ties between Spangdahlem Air Base members and local residents.

During winter, base members commonly start their cars and run the engine leaving them unattended to warm up while preparing for work. Running an engine for more than a few minutes is a strict violation of German law because it causes unnecessary noise and is a burden to the environment.

Also, Germany has specified quiet hours. They are usually 1-3 p.m. and 10 p.m. to 7 a.m. daily. Germans also consider Sunday a day of rest and working outside is discouraged.

Dining facility hours

The Mosel Dining Halle hours change Tuesday. New hours are 5:30-8 a.m. for breakfast and 4:15-7 p.m. for dinner. For more information, call 452-6727.

School board meeting

A public school board meeting takes place at 5 p.m. Thursday in the Spangdahlem AB theater. Parents of students in Eifel schools are encouraged to attend and express their concerns.

Annual awards banquet

The 52nd Fighter Wing annual awards banquet takes place Feb. 24 in the fitness center. This year's theme is, "America's Air Force - No One Comes Close." Ticket prices will be announced once determined. More information will be printed once it becomes available.

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Eifel Times

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Spangdahlem Air Base, Germany

Jan. 12, 2001



Senior Airman Jennifer Lindsey

Front to back, Jamyra Long, age 6, and Kelsey Defosse, age 7, pet rabbits Hopper and Fluffy while other children play on the computer and observe fish habits in the recently remodeled Spangdahlem Air Base youth center science room. Youth center renovations contributed to the base's selection as one of the top three Air Force bases worldwide competing for the Air Force Installation Excellence Award.

Spang 'excellence' award finalist

By Tech. Sgt. Rich Romero
52nd Fighter Wing Public Affairs Office

Spangdahlem Air Base received \$500,000 as one of three finalists in the 2001 Commander in Chief's Installation Excellence Award competition, Air Force officials recently announced.

"This is potentially one of the biggest events of the year for the base," said Brig. Gen. Don Hoffman, 52nd Fighter Wing commander. "Every single member of Team Eifel has contributed to this award and everyone will benefit from this honor, not to mention the money."

Spangdahlem AB will compete against Kadena Air Base, Japan, and Seymour Johnson Air Force Base, N.C., for the right to call their wing the Air Force's Best Installation. Kunsan AB, Korea, won the award last year.

To determine the winner, an evaluation team visits all three bases during the first two weeks in February. They will be at

Spangdahlem AB Tuesday through Feb. 13, said Maj. Brad Hebing, base installation excellence project officer.

The team uses various criteria to select the winner. They evaluate how Team Eifel improves work environments and quality of life, increases customer service, promotes unit cohesiveness, encourages communication, and promotes environment compliance and stewardship, Hebing said.

Although the focus is mainly on how well the wing operates as a unit, he stressed overall appearance, customer service and enthusiasm go a long way in these types of competitions.

Started in 1984, IEA recognizes the outstanding efforts of people at military installations who have done the best with their resources to accomplish the mission with creativity, he said.

"This is a great opportunity to compete and show what Team Eifel is all about," Hebing said. "Also, \$500,000 is awesome and will really be great, but \$1 million would be just incredible."

President-elect Bush nominates Rumsfeld for defense secretary

By Jim Garamone
American Forces Press Service

WASHINGTON — President-elect George W. Bush nominated Donald H. Rumsfeld as defense secretary.

If confirmed by the Senate, this will be Rumsfeld's second tour at the Pentagon. He was secretary in the Ford Administration from 1975 to 1977.

Rumsfeld, 68, would succeed William S. Cohen. "He's going to be a great secretary of defense — again," said Bush during the announcement Dec. 28.

In his announcement, Bush said he wants to restructure the department to make forces more mobile. During the campaign, Bush said he would look into skipping generations of military



Donald Rumsfeld

hardware to ensure U.S. forces have the best weaponry. Bush also reiterated he would add \$1 billion to the budget for a higher military pay raise.

Rumsfeld will preside over the next Quadrennial Defense Review. "One of Secretary Rumsfeld's first tasks will be to challenge the status quo inside the Pentagon, to develop a strategy necessary to have a force equipped for warfare in the 21st Century," Bush said.

Bush called Rumsfeld "a decisive leader" who will work well with the rest of the National Security experts in the administration. Bush has nominated former Chairman of the Joint Chiefs of Staff retired Army Gen. Colin Powell as secretary of state and Condoleezza Rice as national security advisor. In addition, Vice President-elect Dick Cheney also served as defense secretary.

Rumsfeld is from Illinois and served in the administration of Richard Nixon and Gerald Ford. He is a former Navy

fighter pilot and Illinois congressman. He was U.S. ambassador to NATO.

Since leaving the Ford administration, he served as the chief executive officer of the pharmaceutical company G.D. Searle in Skokie, Ill. until 1985. He was also chairman of General Instrument Corp.

He has kept close to national security issues. In 1998, he chaired the U.S. Ballistic Missile Threat Commission. The Rumsfeld Report concluded rogue nations could threaten the United States with ballistic missiles topped with weapons of mass destruction. Two months after the report, North Korea launched a missile over Japan that underscored the threat.

He is a trustee of the Rand Corp.

Rumsfeld was born in Chicago in 1932. He graduated from Princeton in 1954 and went into the Navy. He married Joyce Pierson and they have three children.

Accidents

By Tech. Sgt. Franklin McElhaney
52nd Security Forces Squadron Reports and Analysis

During the holiday season, there were 34 accidents — 12 were major.

The increase in cold weather, particularly snow and ice, contributed to 11 (32 percent) of the accidents.

Staff Sgt. Mark Williams, an on-duty patrolman, had a busy day Dec. 22 responding to three accidents. At 6:30 a.m., he was on B-50 heading to Bitburg Annex when he came across a vehicle that slid off the road because of ice between Dudeldorf and Metterich. After he radioed in the accident, he continued toward the halfway point to Bitburg Annex. On his way back to Spangdahlem Air Base, he discovered another vehicle in the same predicament at 7 a.m. Fifteen minutes later, Williams responded to another major accident on B-50 near Spangdahlem AB.

"Actually, all three accidents were within 100 meters of the same spot," Williams said. "All three vehicles were BMWs that hit the same icy patch and spun into the ditch. Luckily, there was no oncoming traffic in the area."

On Christmas day, an American driving a Nissan attempted to pass a truck heading toward Spangdahlem on B-50. When the driver attempted to pass, another vehicle driven by a German had already begun to pass both vehicles. These decisions resulted in two disabled vehicles and the American driver's second accident in two days.

During 2000, there were 790 accidents involving Eifel drivers. Thirty percent (235) of the accidents involved people who had previous accidents. One out of every four drivers who had one accident had another.

As a reminder, people who are involved in an accident, no matter how minor, must report it to security forces immediately.

During the past week, a 1999 Toyota Camry was traveling on L-60 near Wittlich when the American driver veered off the road to the right. The airman overcorrected causing the vehicle to flip twice. The vehicle sustained disabling damage; luckily, the driver was wearing his seatbelt and came away from the accident injury free.

An American was traveling on L-36 near the intersection of Herforster Strasse when he veered off the road and came to a stop on a downhill slope leading to a ditch. The roads were wet with approximately one- to two-inches of snow. The driver was new to this area and attributed his accident to not being familiar with the roads.

There were a total of 15 minor accidents totaling \$4,150 in damage in the Eifel area. This week was also the second week with radar enforcement on B-50. Thirteen of the 38 citations issued this week were violations resulting from speeding on B-50 between Bitburg Annex and Spangdahlem AB. Speeding tickets will add anywhere from three to six points on a driver's record.

Eifel drivers should be aware that six points on their record results in their having to attend a driver's safety course.

Accidental death

Airman 1st Class Caylon Bevel, 606th Air Control Squadron, died Dec. 24 in an all-terrain vehicle accident while at home on leave in December in Arizona.

People who own or have claims against Bevel's estate should call Capt. David Olander, summary court officer, at 452-5647 or e-mail: david.olander- (no hyphen) @spangdahlem.af.mil.



Senior Airman Esperanza Berrios

Drill

Airman Justin Adney, 52nd Civil Engineer Squadron, uses a drill press while constructing a stand for a gas burner. Adney wears a clear plastic face cover and thick gloves, as required by safety regulations, to prevent potential facial or bodily injuries.

Briefs

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ALS award winners

Senior Airman Adam Balcom, 752nd Munitions Support Squadron, earned the John Levitow Award as the top graduate from airman leadership school class 01-2. The class graduated Dec. 21.

Senior Airman Jason Outhier, 52nd Equipment Maintenance Squadron, received the academic award and distinguished graduate honors. DG honors also went to Senior Airmen David Butler, 52nd Munitions Support Squadron, Thomas Lynch, 52nd EMS, and Susan Mongeon, 52nd EMS.

In addition, Senior Airman Steven Smith, 470th Air Base Squadron, received top honors as the John Levitow Award winner during a Dec. 14 graduation ceremony for ALS class 01-T1 at NATO Air Base Geilenkirchen. Senior Airman Dennis Hosley Jr. earned the leadership award and Senior Airman Jerick Duplessis, both of the 470th ABS, took the academic award.

Airman's Manual online

HILL AIR FORCE BASE, Utah — A Web-based Airman's Manual training program designed to keep Ogden Air Logistics Center airmen up to date is finding an audience with Air Force people worldwide.

First Lt. Chris McDaniel, Ogden ALC Space and C3I Systems Directorate, designed the program to give deployed airmen the ability to stay current on the manual.

The Airman's Manual, Air Force Manual 10-100, is a field book containing practical information and color photographs describing a multitude of tasks for operations in austere locations. The manual covers subjects like pitching a tent, reading a grid map, decontamination and first aid. For those with a .gov or .mil address, the Airman's

Manual is available online at <https://commweb.hill.af.mil/AMT/>.

Scholarship offers

■The Retired Officers Association awards 100 grants of \$1,000 each for the 2001-2002 school year. Applicants must be a child of a uniformed services member, high school seniors or college students working on their first undergraduate degree and under 24. Visit the TROA Web site at www.troa.org under "scholarships" to register. Application submission deadline is March 1.

■The Scholarships for Military Children program, co-sponsored by the Defense Commissary Agency and the Fisher House Foundation, Inc., awards more than 280 grants worth \$1,500 each. Children of active-duty, Guard and Reserve, and retired members holding a minimum of a 3.0 high school grade-point average may apply. Applications and instructions are available at base commissaries or may be downloaded from the DeCA Web site at www.commissaries.com. Submission deadline is Feb. 15.

■Technical sergeants and below may apply for the Spangdahlem Air Base Top Three Association enlisted education scholarship. The association awards one \$50 scholarship each academic term for up to five years. Visit the base education office, building 192, for applications. Call Master Sgt. Scott Hardin at 452-7330 or 452-6521 for details.

Earth week

The Earth week working group meets at 3 p.m. Jan. 19 in building 119. Call 452-5125 for details.

Clinic closure

The immunization clinic closes 2-4 p.m. Jan. 19 for mobility processing.

Holiday closures

The following Army Air Force

Exchange and Defense Commissary Agency facilities close Monday, Dr. Martin Luther King Day:

■Spangdahlem Air Base — Commissary, military clothing sales, flower shop, SIXT car rental and Service Mart.

■Bitburg Annex — Commissary, furniture store, Anthony's Pizza, Service Mart, Dold Exquisit, Castle theater and H&R Block.

The Bitburg Annex commissary closes Tuesday, but the Spangdahlem Air Base commissary opens 9 a.m. to 6:30 p.m.

Operating hours for other AAFES facilities are:

Spangdahlem Air Base

■Barber and beauty shops — 8 a.m. to 5 p.m.

■Filling station — 8 a.m. to 6:30 p.m.

■Burger King — 8 a.m. to 8 p.m.

■Alterations — 9 a.m. to 5 p.m.

■BXtra — 9 a.m. to 10 p.m.

■Willi Geck and new car sales — 10 a.m. to 5 p.m.

■Main store — 10 a.m. to 6 p.m.

■Anthony's Pizza — 10:30 a.m. to 8 p.m.

Bitburg Annex

■Car care center — 8 a.m. to 4 p.m.

■Filling station — 8 a.m. to 6:30 p.m.

■Burger King Express — 8:30 a.m. to 6 p.m.

■Barber and beauty shops — 9 a.m. to 5 p.m.

■Photo processing — 10 a.m. to 5 p.m.

■Main store — 10 a.m. to 6 p.m.

■Shoppette and Box Office Video — 10 a.m. to 8 p.m.

■Optical shop, Willi Geck, Unique Gifts, GNC and Style Fashion — 11 a.m. to 5 p.m.

Wing commander demands less vehicle mishaps

Military community needs to slow down, look back, take less chances while driving

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs

"This year we need to bring an end to senseless vehicle mishaps," said Brig. Gen. Don Hoffman, 52nd Fighter Wing commander at a recent safety briefing. "The wing is experiencing too many injuries, which impact mission readiness. It's time to ratchet up our safety initiatives."

From January through December 2000, the Eifel military community was involved in more than 800 accidents. Broken down, 152 accidents resulted in major damage or personal injury and another 648 were minor "fender benders." Of those, 528 took place off base according to 52nd Security Forces Squadron records. Most of the accidents happen during the morning and evening rush hour between 6-8 a.m. and 3:30-5:30 p.m.

Why so many?

"People are driving too fast for conditions, not checking their mirrors before backing up in parking lots, following too closely and taking unnecessary chances passing other vehicles," said Tech. Sgt. Franklin McElhaney, 52nd Security Forces Squadron Reports and Analysis.

Solving the problem is simple — people just need to slow down and drive more carefully, said McElhaney.

But, it seems the severity of the problem isn't getting through, so to encourage using safe driving procedures, the wing is beefing up vehicle operation safety courses and awareness programs, said Master Sgt. Mark Nichols, 52nd Fighter Wing Safety superintendent.

The wing requires refresher course training on local conditions for all military members ages 26 and younger. The course is in addition to the initial training newcomers get upon their arrival to Spangdahlem Air Base.



Senior Airman Esperanza Berrios

Speeding is one of the main causes of off-base accidents involving military community members. Base leadership encourages everyone to slow down and maintain at least one car length, for every 10 mph, between your vehicle and the one driving ahead.

"We're going to make the refresher course more interesting by expanding the curriculum and incorporating a variety of guest speakers, such as people from the medical group and the security forces squadron," said Nichols.

Wing safety is also expanding the initial local conditions briefing by adding guest speakers who will share their local driving experiences with newcomers.

In addition to improving the local conditions briefings, safety will provide commanders accident statistics and mishap briefings for use in unit commander's calls.

"We're really hoping this will do the trick," said Nichols. "If slowing down and paying more attention to the road means having to leave for a destination a little earlier, that's what people need to do. It's definitely worth it to avoid an accident."

Deployed members keep spirits high through holidays

Summer temperatures, meeting sortie requirements offer welcome distractions for troops longing for family

By Staff Sgt. Cindy Maier
363 Air Expeditionary Wing Public Affairs Office

SOUTHWEST ASIA - While their families and friends celebrated Christmas and the New Year at Spangdahlem Air Base, about 140 members of the 23rd Expeditionary Fighter Squadron, and other supporting units from Spangdahlem, tried mostly not to think about the holidays.

The task wasn't difficult considering a Christmas Day temperature of 84 degrees, everything in sight the color of sand and no days off.

More than a month into their AEF 2

deployment, the Fighting Hawks are completely settled into their mission at Operation Southern Watch.

Capt. Jed Hutchinson, weapons officer, said flying here at this time of year is great. "It's nice because the airspace and the weather are a lot better than back home right now."

The Fighting Hawks are not only flying in better weather conditions, they're flying combat sorties everyday, in addition to taking care of a lot of training.

"We're trying to get some upgrades done here. Three people are going through night-

vision goggle training and we're doing some other training as well," Hutchinson said.

Lt. Col. Rick Reynolds, 23rd EFS commander, said things started off smoothly from day one. He credits a lot of that to the 22nd Fighter Squadron (which deployed to the area with AEF 9 from August to December).

"It was nice to see familiar faces when we got here," he said. "The hand-off from the 22nd went really well."

Since the 23rd's commitment is around 120 days instead of the typical 90 days of most AEFs, Reynolds was able to plan a swap-out of nearly 100 percent of his squadron. The swap-out should take place in the next few weeks. He thinks the swap-out has had a huge effect on keeping morale

high.

But even with the long days and short breaks, Reynolds said things are good here.

"Morale is good. The facilities are great. With that and working everyday, there's plenty to keep us busy," he said.

Though most people's minds weren't on the holidays, the Fighting Hawks enjoyed their first day off with a traditional desert Christmas picnic. After feasting on steaks, shrimp, hot dogs and potato salad, the 23rd enjoyed competitive sports events.

The New Year was much more quiet, with a lot of the squadron sleeping from one year to the next. Most didn't seem to notice, though, since they plan to celebrate the holiday season later — at home.

Uniform board implements all or none ribbon policy Feb. 1

WASHINGTON — Personnel officials said the 95th Uniform Board's results will take effect Feb. 1 because of the extended time required to incorporate all the decisions, changes and updates into the Air Force's instruction on dress and appearance of its members.

Air Force Instruction 36-2903 states Air Force Uniform Board results take effect when incorporated into the instruction; however, because of the extended time required to update the instruction, the uniform board's results will become effective next month.

The results of the board are:

■ When wearing ribbons, all — including devices — are required.

■ Fingernail length can't interfere with duty performance or hinder proper fit of prescribed safety equipment or uniform items.

■ Attaché cases, gym bags, backpacks and women's purses are authorized to be carried in either hand, but can't interfere with giving a proper salute.

■ Attachments for access badges/passes are authorized (plain dark blue or black ropes, silver or plastic small link chains, and clear plastic chain) as long as they don't interfere with safety; they must be conservative and free of advertisement.

■ Center the excellence-in-competition badge on the welt pocket of the service dress jacket.

■ Pharmacy technician certification badge may be worn on the utility uniform (whites) 1/2 inch above nametag.

■ "Camel pack" water containers are approved as part of standard hot weather uniform.

■ The re-sized mini-badge is authorized for wear when available for purchase.

Although the topic of nametags was not addressed by the board, questions continually arise, according to personnel officials. The AFI states nametags must be "laminated ultramarine blue plastic material with white, block-style letters engraved on the plastic and a clutch-type fastener."

Additionally, the instruction states no additions can be made. Epoxy resin covered or coated nametags are not authorized. (Air Force Print News)

Services debuts new flightline dining hall

Facility allows those working 'on the line' to get food in an hour

By Senior Airman Jennifer Lindsey
52nd Fighter Wing Public Affairs

Members working the flightline no longer have to venture far from the runway for lunch with the opening of the base's newest dining facility - the Jet Blast Inn. After about a year of construction and \$498,000 in renovations to former administration building 160, a state-of-the-art kitchen now offers hot entrees, short order meals, and snack foods.

Cooks served the first main entrée, schnitzel, at the facility following a grand-opening celebration held at noon Jan. 3.

"It was a real popular meal," said Senior Master Sgt. Andy Flores, 52nd Services Squadron food service superintendent. The facility's opening answered flightline members' top quality-of-life concern — being able to get a freshly cooked meal within an hour, said Flores.



Staff Sgt. William Vincent, 52nd Services Squadron, serves Chief Master Sgt. Michael Holas, 52nd Logistics Group chief enlisted manager, lunch Jan. 3 in Spangdahlem Air Base's new flightline dining facility.

In addition to being close, services also makes eating there even more convenient by arranging with base operations to permit flightline members to drive their GOVs to

the facility during lunch and dinner hours.

"During night flying, we'll serve a midnight meal as well," said Flores. "We're definitely working on tailoring our services

to meet flightline needs."

Another need Flores has worked to improve is offering carry-out service, which began this past Monday. Providing carry-out meals helps alleviate a challenge airmen are faced with daily — the fact that they often don't get an hour to eat lunch. This is a big challenge for meal-card holders who don't get subsistence pay and rely on base dining facilities for their meals, said Tech. Sgt. Terry Owen, 81st Fighter Squadron dedicated crew chief.

"Between take off and landing, there's only about an hour and during that time most of us have to continue working," said Owen. "Before, we'd order boxed lunches (from the Mosel Dining Halle) and send someone to pick them up. Because we're located near the end of the runway — and so far from the dining hall — by the time we'd get the lunches, we'd have a half-hour at most to shovel it down."

Owen said he hopes that with the convenience of the Jet Blast Inn, he can start sending airmen there to actually sit down and eat a hot meal - or at least have more time to eat carry-out meals.

Triage line eliminates trip to hospital for sick call

By Capt. Maria Sacco
52nd Medical Group

Family practice recently began a new procedure for sick call, dubbed nurse triage.

The system allows patients who feel they have an urgent medical problem to speak with a nurse for an initial evaluation before being seen by a medical provider.

The triage system works like this:

■ A patient feeling in need of medical attention should call the appointment line. A recording requires the caller to make a selection.

■ The caller can select option No. 1 to make a routine appointment, such as optometry, telephone consult or a family practice follow-up.

■ Callers who select option No. 2 speak to a triage nurse.

Together the patient and the nurse determine the medical problem based upon the symptoms.

The nurse then asks a series of questions specifically based on guidelines reviewed by physicians to assess patient status. Based on the patient's symptoms, the nurse:

- Provides the caller medical advice for home treatment.
- Arranges for the patient's medical provider to call within 48 hours to discuss the ailment. Prescriptions are also telephone consults.
- Makes an appointment for the patient to be seen within seven days by a medical provider.
- Makes the patient an urgent appointment to be seen within 24 hours.
- Directs the patient to report to the emergency room or

wait for an ambulance if immediate care is needed.

The triage line is available 7 a.m. to 4 p.m. weekdays by calling 452-8333 or commercial at 06562-958333. The peak hours for calls to the appointment and triage lines are 7-10 a.m. and 3-4 p.m. weekdays. Mondays and days following a holiday are the busiest. Calls made between these hours and days often have a waiting time of 15 to 20 minutes.

After-duty hours and holidays, patients should call 453-3444 or commercial at 06561-69-3444.

Patients may also speak to a personal health advisor, available 24 hours daily, by calling 0800-825-1600.

By using the base telephone triage line, members can get the help they need to get back on their feet during an illness without having to leave home to make a doctor's appointment.

Sending firearms to states causes problems if not done correctly

By Robert Szostek
U.S. European Command Customs Public Affairs

MANNHEIM — Many Americans stationed in Germany have decided to send some or all their firearms stateside rather than try to comply with more stringent firearm registration rules that went into effect Jan. 1.

However, importing firearms into the United States will get people in a lot of trouble with U.S. Customs if they don't do it correctly.

Mailing firearms stateside before people ETS or PCS date is not a good idea. It's illegal to use the military postal system to mail handguns, surplus military firearms, war trophies or ammunition to the states. Air Force postal crews X-ray all parcels flown to the states from Europe to uncover any illegal firearms and munitions gun owners may try to "sneak" back home.

"However, some German firearm dealers can ship handguns to the states for you, but will obviously charge a corresponding fee," said Michael L. Burkert, director of the

European Command's Customs Executive Agency. Handgun owners using a licensed dealer must have an approved import permit from the Bureau of Alcohol, Tobacco and Firearms.

According to the latest information from the bureau, military members may mail rifles and shotguns to stateside licensed gun dealers. However, an approved ATF import permit and a copy of the gun dealer's federal license must accompany the firearm. Service members may use the military postal system to mail privately owned firearms to their new U.S. address in conjunction with a PCS movement, Burkert added. Proof of prior stateside possession and an ATF permit must accompany these firearms.

Service members may take rifles and shotguns that are not military or assault types with them when they fly stateside on official movement orders, leave or temporary duty by proving they possessed the firearms in the United States. Stateside firearm registrations,

customs registrations, bills of sale and shipping documents listing the firearm by serial numbers are good forms of proof.

"For long guns acquired overseas," Burkert continued, "you must obtain an import permit from the Bureau of Alcohol, Tobacco and Firearms." Antique long guns require only proof of manufacture in or before 1898 and black-powder long guns require no documentation.

U.S. civilian employees have even fewer freedoms than military members when importing firearms to the states. The only break for government employees overseas lets them ship firearms in their household goods when they return on official orders.

"Otherwise, civilians must get the ATF approval and import firearms through a licensed gun dealer," Burkert stated.

People who need ATF permits may obtain the appropriate application forms at any military customs office or download them for printing from the ATF Web page at

www.atf.treas.gov/forms/5000.htm#firearms.

The electronic forms are in Adobe PDF format and must still be submitted in hard-copy. Gun owners may have to wait six to eight weeks to receive a reply to a U.S. import application for firearms acquired overseas. The bureau sends applicants an import permit or tells them the reason for disapproval. ATF's Washington office only accepts applications with original signatures (no faxes). Once approved, an ATF permit is valid for one year and must be with the firearm when it arrives in the states.

Another factor in mailing or taking firearms to the USA before returning stateside on orders is the firearms may be subject to the payment of duty.

Sending firearms stateside is a complicated matter. Call a military customs office to find out which rules apply. More information is also available at the customs Web site at www.hqsareur.army.mil/opn/guns.htm.

Keeping personal fitness appointments key to maintaining good health throughout year

By Melissa Lindstrom

52nd Aerospace Medicine Squadron Health and Wellness Center

It's a new year and it's time to get moving. Most of us know the health risks associated with a sedentary lifestyle, yet we don't do anything to change it. With all the benefits of an active lifestyle, who can afford not to start an exercise program and move towards a more active life?

Getting started seems to be the easy part, but sticking with it throughout the year seems to be a challenge. Here are a few tips to getting started and maintaining a program throughout the year.

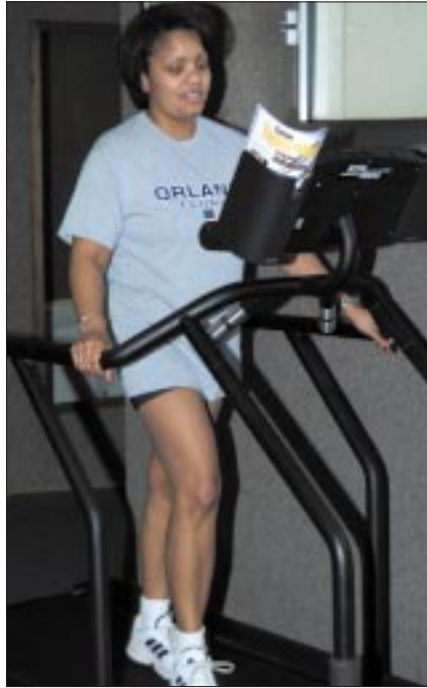
■ **Make a commitment to yourself.** Once the decision is made, get moving!

■ **Set realistic goals.** Be sure to set personal goals and do it for you — not someone else. Set both long-term and short-term goals. An example of a short-term goal is to workout at the fitness center at least three times weekly. An example of a long-term goal is to improve your fitness score by 10 points. After meeting a goal, reward yourself with something you really want or like, such as getting a massage or buying a new CD to listen to while at the gym.

■ **Abandon an all-or-nothing attitude.** If you didn't get to exercise as planned or the workout time was cut short, get back on track tomorrow. When it comes to health, any exercise or physical activity is better than nothing.

■ **Don't overdo it.** When beginning a new program, start out slowly and progress gradually. This will give the muscles time to get used to working in a slightly different way.

■ **Make efficient use of your time.** Fitness programs should be designed based on your fitness goals. Depending upon personal goals to improve fitness or lose weight, a frequency goal should be to exercise three or four times weekly for 30-45 minutes of continuous aerobic activity and two days of resistance training. Be sure to train at an effective heart rate zone. When trying to improve personal fitness levels, try training at the higher ends of your heart rate zone for a short duration. When working on losing weight, it may not be realistic to maintain the higher intensity long enough to burn the calories needed, so it may



Sharon Hedum, Child Development Center desk attendant, works out four times weekly and eats a low-fat diet to control her weight.

be more effective to work at a slightly lower intensity for a little longer.

■ **Make an appointment with yourself.** Schedule workout times on a calendar. Treat workouts as an "official"

appointment and keep it. It's too easy to get swamped at work and skip workouts whether it's scheduled during on- or off-duty time. Exercising regularly also often improves work performance.

■ **Recognize barriers to exercise.** Schedule workouts for times when they would be personally beneficial. If getting sweaty during lunch hour and having to shower isn't practical, then workout at the end of the day. If you tell yourself "I'll go to the gym tonight" and never do, then find away to overcome the barrier. A simple solution is to this is to workout before leaving the base for the day. Some other ideas include packing an exercise bag the night before, keep extra workout clothes in the car or use workouts as a way to relieve stress during day.

■ **Get adventurous and make it fun** by finding enjoyable fitness activities. The fitness center offers a variety of aerobic equipment and weight machines. Experiment and find what you like. If exercising outdoors sounds appealing, Germany offers many biking and hiking paths to explore. A person can hike for hours and not even realize they're getting a great workout because it's what they find enjoyable.

■ **Exercise at home.** If you can't make it to the gym, try exercising at home. Visit the local stores and check out the want ads for inexpensive exercise equipment for home use.

■ **Find an exercise partner.** It usually helps to exercise with a friend. It improves accountability to have to meet someone at the gym or at the park to go on a daily walk.

We all have personal obstacles preventing us from exercising. Take the time to analyze personal schedules. Write down exercise schedule barriers. Try to change your way of thinking about exercise. Sometimes it doesn't take as long as anticipated. Commit to making positive changes in your life through physical activity and exercise.

The Health and Wellness Center offers classes providing you information on how to get started. The Fitness First Program offers help in developing personal fitness programs and advice to keep members moving in the right direction. For more information, call the HAWC at 452-WELL(9355).

Commissary helps pinch pennies with more coupons

By Gerri Young

Defense Commissary Agency,
European Region Public Affairs

While most of us think of register tapes as something that costs us money, DeCA Europe commissary customers will soon get a whole new point of view.

In January, European commissaries will start using register tapes with product coupons on the back, offering customers another way to save money on food. The register tape coupons will feature different products monthly and can be redeemed the same as any other coupon.

"We have been holding focus groups all over our region and one question asked nearly every time is, 'can we have more coupons?'" said Mike Yaksich, DeCA Europe merchandising chief. "The register tape program is one way of meeting that demand and it couldn't be easier. Coupons are handed to the customer as they check out."

DeCA headquarters officials in Fort Lee, Va., work with Pinpoint Consumer Targeting Services in providing the register tape



Staff Sgt. Susan Peak, 52nd Services Squadron supply technician, shops regularly on base. Commissary customers will soon be able to save money by using coupons printed on the back of register receipts.

coupons. Pinpoint services works with supporting manufacturers to sell space on the tapes. Tapes are printed with the coupons on the back and shipped to commissaries around the world. The amount of tape space purchased by the manufacturers drives the amount of tape coupons produced; therefore, available coupons will differ monthly.

"If a customer gets a register tape with no coupons, they shouldn't be concerned," said

Yaksich. "That means the coupon tapes have been exhausted for the month and regular blank tape is being used until the next supply comes in. We expect the coupon tapes to increase over time based on customer demand. Bottom line — the more register tape coupons the customer uses, the more successful the program will be."

While customer savings is the program's primary goal, it's only one of its benefits. A

portion of Pinpoint service's profits from register tape coupons returns to the commissary surcharge fund, which DeCA uses to renovate and build commissaries, and to maintain supplies and equipment.

"This program helps DeCA meet two of its goals — increase grocery savings and to improve stores," said Robert Tate, DeCA Europe Director. "Everyone comes out a winner."

Commissary customers redeemed more than 223 million coupons in fiscal year 1999, but thousands more still go unused. Coupons are available to European customers through commercial flyers delivered to all stores, through newspapers, magazines and tear pads on the grocery shelves. The Internet also is a good source of coupons.

All coupons for commissary products are accepted up to six months after the expiration date overseas. Customers are encouraged to visit www.commissaries.com for more information on great grocery savings and information on specific commissary stores.



Community Mailbox

Earth Week

Spangdahlem Air Base's environmental flight seeks volunteers to take part in the April Earth Week observance.

The working group meets at 3 p.m. Jan. 19 in the civil engineer conference room in building 119. For more information, call Wendee Raos-Marconi or Colleen Wilcox at 452-5125.

Fish fry

A fish fry social and fund-raiser, sponsored by the Spangdahlem Air Base Black Cultural Awareness Association, takes place at 4 p.m. Jan. 20 in the community activities center.

Two menu choices consist of fish, macaroni and cheese, baked beans, greens and bread for \$7 or chicken instead of fish for \$5.50. Cards, dominos and music also take place.

For tickets, call Staff Sgt. Jackie Pryor at 452-8217 or Master Sgt. Eric King at 452-8220 by today.

SSEMC trip

Polish pottery shopping, lunch and a wine probe are on tap during the Spangdahlem Spouses and Enlisted Members Club trip to Dusseldorf Jan. 20.

Cost is \$40. For reservations or more information, call 06575-959135 or 06565-942202.

Spangdahlem elementary

A special Parent, Teacher and Student Association "Just for Dad's" meeting takes place 8-9 a.m. Jan. 30 in the cafeteria. Guest speaker Don Armell, Vogelweh Elementary School kindergarten teacher, discusses ways



Senior Airman Esperanza Berrios

Higher education

Gregory Willis, education counselor, reviews with Staff Sgt. Amos Elliott, 81st Fighter Squadron, the upcoming Term III schedule of courses offered through the base education center. Term III registration for many of the courses offered ends today.

for fathers take an active roll in base schools. For more information, call Donna Lennemann at 06565-616881.

Pancake breakfast

Cub Scout Pack 161 serves pancakes 8 a.m. to 1 p.m. Saturday in the Bitburg chapel. Call Staff Sgt. Shawn Gallagher at 453-3332 for more information.

Public speaking

The Eifel Toastmasters Club meets at 10:30 a.m. Jan. 20 in the base community activities center. Also, the club now meets once monthly. Call Staff Sgt. Ethan Allen at 452-5519 for more information.

Youth leagues

The Eifel Youth Bowling League seeks youth, ages 5-18, to join the team. Call Terrie Nelson at 06575-959654 or visit the

bowling center for details.

Preschool play

The Bunny Club playgroup for children up to 4 years old meets 10 a.m. to noon each Thursday in the Bitburg chapel. Call Michelle Linnen at 453-3130 for details.

Divorce counseling

A class, "Caring for Children through Divorce," takes place 2-4:30 p.m. Jan. 30 in building 161. The course focuses on the changing parental roles, the effect of divorce on children and maintaining long distance relationships with children. For more information, call Connie Ketchum at 452-8279.

Medical group news

The following class dates and times are determined upon registration.

■La Leche League meets at 6:30 p.m. Wednesday in the Bitburg Annex hospital conference room. For more information, call Margaret Loffelman at 06565-7555 or Alice DaFoe at 06561-683893.

■A couples communication workshop explores the expectations of marriage, couples communications techniques and how to work as a team. The class meets for four sessions. Call Dr. Suzanne Furman at 452-8279 for details.

■A mood management workshop focuses on combating negative thoughts. The class meets 1-2:30 p.m. each Tuesday for six weeks. Call Maj. (Dr.) Kenneth Furman at 452-8285 for start date or more details.

■Fine-tuning fatherhood discusses children's social and emotional growth. The class meets 2-3:30 p.m. each Thursday for six weeks. Call Mark Albrecht at 453-3130 for start date or more information.

Family support center news

■The Spangdahlem Family Support Center Annex closes Monday through Jan. 19 for renovations. The Bitburg FSC Annex remains open during the renovation.

■A beginner's course in resume writing takes place 1-4:30 p.m. Tuesday.

■A German class meet for six weeks 6-8 p.m. each Tuesday and Thursday beginning Tuesday.

■A home-buying seminar takes place 6-8 p.m. Tuesday.

■Great expectations, a class discussing the physical and emotional changes women experience during pregnancy, the child-birth process and reworking the family budget, takes place 6-8:30 p.m. Wednesday.

■Drawing lessons for third- through 12th-grade students takes place 6-8 p.m. Wednesday and Jan. 24. Students should bring a drawing pad and a No. 2 pencil.

All events take place in the Spangdahlem family support center, building 307, unless listed otherwise. Call 452-6422 for details.

Movies

All movies play at 7 p.m. unless otherwise indicated.

Bitburg Castle

Tonight

Unbreakable (PG-13)

David, the sole survivor of a train wreck, meets Elijah, a mysterious stranger who offers a bizarre explanation as to why David escaped without a scratch; an explanation that threatens to change David's family and life forever.

Saturday

Unbreakable

Sunday

Lost Souls (R)

Maya's past has left her susceptible to demonic possession. After surviving the devil's grip, she's encouraged to join with a group of priests who believe the devil will soon inhabit the body of a human being and plunge the world into the ultimate darkness.

Closed Monday and Tuesday

Wednesday

Ladies Man (R)

Leon dispenses advice to the men and women of Chicago about matters of the heart and body. Leon is earnest, inexhaustible and inexplicably attractive to women. He's the "Ladies Man" and he only wants to help the world with his expert knowledge of amore.

Thursday

The Little Vampire (PG)

A little boy meets a new friend who happens to be a vampire. Together they embark on a grand adventure to find a magic pendant needed to save the vampire community from a life of eternal darkness.

Spangdahlem Skyline

Tonight

Proof of Life (R)

With her husband kidnapped, Alicia retains the services of a freelance negotiator named Thorne who mounts a bold operation to rescue Peter that could as easily result in disaster or triumph.

Book of Shadows, Blair Witch II (R, 9:30 p.m.)

Saturday

Proof of Life

Book of Shadows (9:30 p.m.)

Sunday

Vertical Limit (PG-13)

A young climber must launch a treacherous and extraordinary rescue effort up K-2, the world's second highest peak, to save his sister and her summit team in a race against time.

Monday

Vertical Limit

Tuesday

Dr. T & The Women (R)

Closed Wednesday and Thursday

Times and movies are subject to change.
For the most current information,
call 453-7541.

Picasso's art draws crowds to Liege

Centuries-old European city features multi-talented father of modern art

By Iris Reiff
52nd Fighter Wing Public Affairs

Art lovers now have the opportunity to see the rich history of a European city combined with the unique art of the world-famous artist Pablo Picasso in Liege, Belgium.

Since it's opening Oct. 6, the Picasso exhibition has drawn thousands of visitors from throughout Europe. The exhibit location is Salle Saint-Georges art hall, located in the heart of the city.

People can see 150 paintings, sculptures and works on paper, dating 1898 to 1971. The works come from public and private collections from around the world. Audio guides in various languages offer visitors insight into the works of Picasso. Calling ahead to reserve headsets is recommended.

Picasso focused on the human figure. One masterpiece featured at the exhibit is the painting, "La Famille Soler." In detail, it shows Picasso's friend Benet Soler, who was a tailor, and Soler's family. The portrait was done after a photograph that was taken at a hunting picnic. This painting was the first in a series of "friends portraits," completed throughout Picasso's 75-year "blue period."

Picasso's mediums include oil on canvas or wood, bronze for sculptures, pencil, charcoal, ballpoint pen drawings, pastels, watercolors, gouaches and cardboard for cut-outs.

The exhibition continues through the end of January. It's open 2-6 p.m. each Monday, 9 a.m. to 6 p.m. each Tuesday and Sunday,



Courtesy photo

Pablo Picasso painted "La Famille Soler" in 1903 in Barcelona.

and 7-10 p.m. each Wednesday. The entry fee is 300 Belgium Francs, which is about \$8. A Picasso catalogue costs 950 Belgium Francs or about \$26.

The continued visit to the rest of Liege, a 1,000-year-old city — rich in history — is worth the drive. Culture and art are highlighted in the cities museums.

The ancient capital, located near Maastricht and Aachen offers a reputable university, a renowned exhibition hall, markets, a congressional hall, shopping areas and a river port, which ranks third in Europe.

Other highlights include a city opera

house, a philharmonic orchestra, street cafes, hotels and restaurants.

To get to Liege, take the Autobahn A-60 from Badem or Bitburg to Liege. Drive past Pruem and follow the signs to Liege.

To get to the exhibition, head for the town center and follow the sign-posted route reading "Picasso."

For more information or to reserve a guided tour and audio guide, call the Liege tourist information office at 0032-42219221, 0032-25040390 or visit www.ulg.ac.be/picasso.

Out and about



■ See Fire of the Dance at 8 p.m. Saturday in Trier's Europa hall. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Reserve your ticket now for the Rocky Horror Show, Jan. 26, at the Trier Europa hall. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Listen to a concert by Wishbone Ash at 9:30 p.m. today in the Freudenburg Stadion. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Maire Ni Chathasaigh and Chris Newman perform a mix of Irish folk and jazz music Jan. 17 in the Trier Tuchfabrik cultural center located on Weberbach and Wechselstrasse. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Jazz music plays Thursday during the 2nd annual Trier Jazz Gipfel

festival at Trier's Tuchfabrik cultural center. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Listen to rock music by the Red Sky Coven band at 8 p.m. Jan. 28 at the Trier Tuchfabrik cultural center. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ "Swanlake," the renowned ballet by Peter Tschaikowski, performs Jan. 21 at the Trier city theater. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Learn about bears and teddy bears at an exhibition now through April 22 in the Luxembourg city nature museum, located on 25, rue Muenster. Visit musee-info@mmhn.lu or call 00352-4622331 for details.

■ Reserve tickets now for the Best of Andrew

Lloyd Webber concert, Feb. 15, at the Trier Europa hall. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ Enjoy Luxur-Concerts: Reel Big Fish and Raskop Rails at 8 p.m. Jan. 23 in the Trier Exhaus, located on Zumaiener Strasse. For tickets, call the Trierischer Volksfreund Press center at 0651-145990.

■ See a series of paintings by the artist Horst Antjes now through February in the Wittlich Georg Meistermann museum. The art display opens 10 a.m. to noon and 2-5 p.m. Tuesday through Friday, and 2-5 p.m. Saturday, Sunday and holidays. The museum is located inside the Rathaus (city hall) in the main pedestrian area.

■ Visit a flea market Sunday in front of the Schweich Edeka Neukauf store; inside the Trier Mesepark hall, located at the Moselauen fair-

grounds; inside and outside the Machern cloister, located near the Mosel town of Zeltingen; inside and outside the Bernkastel-Kues Gueter hall (old train station); and on the Idar Oberstein fairgrounds. A small antique market also takes place in the Bitburg Hotel Eifelbraeu festival hall.

■ Visit a flea market Jan. 21 inside the Dreis Dreyss hall; along the Zeltingen Mosel shore; at the Bitburg Hela parking place; inside and outside the Pruem market hall; inside and outside the Koblenz Messe hall, located on Wallersheim Kreisel; and in front of the Kaiserslautern Real (multi-center)

■ German holidays in the Rheinland-Pfalz region are: Fasching, Feb. 22-27; Good Friday, April 13; Easter, April 15; Easter Monday, April 16; Labor Day, May 1; Ascension Day, May 24; Pentecost, June 3; Whitmonday, June 4;

Corpus Christi Day, June 14; German Reunion Day, Oct. 3; All Saint's Day, Nov. 1; Christmas Day, Dec. 25 and Boxing Day, Dec. 26.

■ School breaks in the Rheinland-Pfalz region take place April 5-20; June 28 through Aug. 10; Oct. 1-12; and Dec. 21 through Jan. 4.

Information, Tickets and Tours offers the following tours in January. Call the Spangdahlem Air Base community center at 452-6567 or the Bitburg Annex community center at 453-7120 for details.

■ Cochem castle and medieval dinner, Jan. 20, \$65.

■ "Colors of Dance" ice show, Jan. 20. Cost varies.

■ Paris express, Jan. 20, \$89 for adults, \$75 for children.

■ Black Forest express, Jan. 27, \$55 for adults, \$40 for children.

■ Dinner and wine probe, Jan. 27, \$35 per person.

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The outdoor recreation program sponsors the following trips in January. Outdoor recreation is no longer open during the weekend. Winter hours are 10 a.m. to 6 p.m. Monday through Friday. Call 452-7176 for details.

■ Snow shoe trip, Jan. 20, \$25. Minimum age is 16 years old.

■ Underground mountain biking, Jan. 21, \$30 for biking, \$50 for biking with two-hour spa visit.

■ Snow bus special to Feldburg, Jan. 27-28, \$90 per person. Minimum age is 14 years old.

